

SPRING PACK**Abstract**

A variable spring resistance to movement of a rod uses a plurality of springs permanently connected between a base and a stack of end connector links extending in the direction of the rod movement. Selecting which of the links is connected to the rod then determines which of the springs are deployed to resist movement of the rod, without requiring any disconnection or reconnection of the springs. The selection can be made by a pin inserted through an aligned hole between a link and the rod.